



## HEALING ♥ HEARTS FOR TEENS

Healing Hearts for Teens is a grief support group for all teens ages 13-17 who have experienced the loss of someone important to them.

Teens are not alone at this most difficult time in their lives. We are here to support them and provide a safe place to share their feelings, experiences, struggles and triumphs. Through engaging activities, hands on projects, and playing musical instruments, teens may approach sensitive topics openly to achieve new skills in helping them grieve and grow. The group environment brings teens together to meet with their peers and gain strength knowing they are not alone.

The grief support group is facilitated by  
Social Worker, Kristi Nance-Hmurovich, LCSW.

Please join us on **MONDAYS** from 5:30 – 7:00 p.m. at:

**Hospice of the Calumet Area  
600 Superior Ave.  
Munster, IN 46321**

**Series Three –2023 Meeting dates and topics are as follows:**

| SESSION | TOPIC  | DATE         |
|---------|--|--------------|
| 1       | Telling My Story                                   | Oct 2, 2023  |
| 2       | Explore What Happened and Why We are Here          | Oct 9, 2023  |
| 3       | Identifying, Expressing & Coping with Feelings     | Oct 16, 2023 |
| 4       | Memories & <u>Remembering</u>                      | Oct 23, 2023 |
| 5       | Coping With Change                                 | Oct 30, 2023 |
| 6       | What was Left Undone; <u>Woulda-Coulda-Shoulda</u> | Nov 6, 2023  |
| 7       | That's a Wrap                                      | Nov 13, 2023 |

Space is limited.

Registration is required. Please contact Kristi to register.

(219) 922-2732 • (708) 895-8332 • [knance-hmurovich@hospicecalumet.org](mailto:knance-hmurovich@hospicecalumet.org)

Parental permission and masks are required.